

# LYNN COUNCIL ON AGING SENIOR CENTER



## October 2016

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

I'm worried about the foliage trend in our area this year. I haven't spent much time studying the effect of our recent drought like weather on New England leaf changes. The last two years, I read the Farmer's Almanac. I studied the northern progression of foliage peaks and then planned our very own foliage trip. Well, one year we saw lots of brownish leaves spread so far apart from each other, we had to keep turning our heads. Then last year, we pretended to see vibrant colors of orange, reds and yellows in all the beautiful naked trees. We still laughed and enjoyed the sunny fall day. (And no one got arrested stuffing their pockets with sample apples!) Now, this year... I'm as confident as a blind folded dart player throwing lefty that it is highly likely we might not witness some foliage. We stand a better chance of melting some crayons, and ironing the shavings between wax paper and hanging our creations in our sunny windows. If any of you have deeper insight on our local foliage report, please weigh in. We are travelling to Mendon to visit the Southwick Zoo. It's October 12<sup>th</sup>, mid month, heading west and we should see pumpkins on some porches on the way. Cross your fingers....

~Stacey Minchello

### From Your Mayor

Students are back in school, 90-degree days are gone—for this year anyway—and the leaves will soon be turning colors. Fall is upon us.

There are several events coming up that I hope you can take advantage of. Gladys Knight will be at the Lynn Auditorium on Oct. 1, kicking off a full month of events. I cannot wait to hear her perform some of her hits like "I Heard It Through the Grapevine" or "Midnight Train to Georgia." Also at the auditorium this month are Boz Scaggs on Oct. 9, Jack Hanna on Oct. 15 and William Shatner on Oct. 16. Closing out the month on Oct. 29, we will have the rock opera "The Devil and Billy Shake." For more information, visit the box office or call 781-599-7469.

"Silence!"—a musical by Jon and Al Kaplan and Hunter Bell—will be at LynnArts Black Box on Exchange Street, running Oct. 7-29. The show is a hilarious parody based on the Academy Award-winning film, "Silence of the Lambs." For more information, contact the box office at 781-205-4010.

It has been quite the year for the Lynn Museum/LynnArts organization, which has redesigned its first- and second-floor museum galleries with compelling new exhibits, showcased the works of local artists at LynnArts and welcomed more than 1,000 local students for tours. On Saturday, Oct. 22, the organization will celebrate and look ahead to the future with an event, "The Best is Yet to Come: An Evening for the Lynn Museum/LynnArts." Inspired by the music of Frank Sinatra during his 100<sup>th</sup> birthday year, the event will feature music from the swinging Rat Pack era, dancing and food and drink—all in support of the Lynn Museum and LynnArts. It will take place at Tedesco Country Club in Marblehead.

Before the colder weather sets in, I hope you can enjoy some fresh produce from the Central Square Farmers' Market each Thursday through the end of this month.

As we unfortunately get deeper into flu season, two free flu clinics will be held—one on Oct. 6 at Breed Middle School and the other on Oct. 12 at Marshall Middle School, both from 4-7 p.m. Please bring your health insurance cards if you have them.

Finally, another rite of fall is elections, and this year is a particularly important election year as we vote for our next president. Regardless of your affiliation, I urge you to stay informed and exercise your right to vote on Nov. 8.

Best wishes,  
Mayor Judith Flanagan Kennedy

  
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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Activities Assistant ext. 625  
Pam Brito  
Program Coordinator ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Albert DiVirgilio**  
**Arthur Akers**  
**Edmund Brown**  
**Frank LaMacchia**  
**Lester McCLain**  
**Charles Mitchell**  
**Frances Taggart**  
**Pearl Brown**  
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President  
Clerk  
Vice President

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**  
**Louis DeSouza Sr.**  
**Deb Small**  
**George Harvey**  
**Roberta Abrams**

President  
Vice President  
Treasurer  
Recording Secretary  
Membership Secretary

Next FRIENDS  
Meeting,  
Oct. 27<sup>th</sup> @ 10am

## FRIENDS MEETINGS

FRIENDS MEETINGS: **10 am** - First Floor Board Room



Oct 27<sup>th</sup>

Nov 17<sup>th</sup> Dec 29<sup>th</sup>

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

## OCTOBER HAPPENINGS



Mon, Oct 3 <sup>rd</sup>	Field Trip: Topsfield Fair	\$2 bus	9 am - 2pm
	\$8 on bus for Fair ticket – lunch on own		
	Early Bus 9 am – 1:30 pm	Late Bus 10:30 am – 3:30 pm	
Tues, Oct 4 <sup>th</sup>	Birthday Party Karaoke!		11:30 am – 1:00 pm
Weds, Oct 5 <sup>th</sup>	FLU CLINIC brought to you by Walgreens		9 am – 11 am
	Bring your insurance card		
Thurs, Oct 6 <sup>th</sup>	Veterans Coffee Hour with Tom Moran	Resource Library	1:00 pm – 2:00 pm
Fri, October 7 <sup>th</sup>	Coloring Roll out day!	Carpet side of senior center	9:30 am – 11am
	Free pencil crayons to first dozen participants		
Mon, Oct 10 <sup>th</sup>	Columbus Day		Center is closed
Tues, Oct 11 <sup>th</sup>	Field Trip: Southwick Zoo	Mendon MA \$12	8:45 am – 3:45pm
	~please be aware this trip requires walking; stroll at your pace-plenty of benches		
	~ please call with your questions and to reserve space for your scooter~		
Weds, Oct 12 <sup>th</sup>	Mass Senior Action Meeting	Wall Plaza	10 am
Weds, Oct 12 <sup>th</sup>	<b>LGBT Dance 80's theme</b>		3pm – 5pm
	Brought to you by Senior Whole Health DJ Zombie will be in the house		
	Sign up to Reserve your seat		
Thurs, Oct 13 <sup>th</sup>	Friends of LCOA	<u>Ice Cream Social!</u>	\$50 1pm
Mon, Oct 17 <sup>th</sup>	Fall Bake off- Staff Apple Pie competition!	\$25	1:45 pm
	Come taste fresh baked apple pies		
Tues, Oct 18 <sup>th</sup>	Foxwoods Casino: pre-paid reservation required	\$28	6:30 am – 6:30 pm
	\$10 slot play \$10 Food coupon or complimentary buffet companions must be 21		
	Reserve early-must have 40 reservations by Oct 7 <sup>th</sup>		
Weds, Oct 19 <sup>th</sup>	<u>Lunch Trip:</u> Cracker Barrel, Tewksbury	\$2	10 am – 2pm
Thurs, Oct 20 <sup>th</sup>	Podiatry Appointments		10 am – 12 pm
Fri, Oct 21 <sup>st</sup>	BROWN BAG Program sponsored by the BOSTON FOOD BANK		10 am – 12pm
Weds, Oct 26 <sup>th</sup>	Lynn Council on Aging Board of Directors Meeting		11:30 am
Thurs, Oct 27 <sup>th</sup>	Friends of the Lynn Council on Aging meeting		10 am
Thurs, Oct 27 <sup>th</sup>	Senior Center closed at 2pm		Sorry for the inconvenience
Mon, Oct 31 <sup>st</sup>	Halloween Corn Hole Game 		10 am
	Flop a bean bag in the hole and win a prize. Pushed in or slid in- doesn't count		
	Prize for best costume afterwards		
Tues, Nov 1 <sup>st</sup>	Hearing Clinic	Resource room- walk-ins	10 am

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# OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Ziti/beef and cheese(360) Soup/crackers(145) Calories-800 Sodium-700 ALTERNATIVE Soup,shredded beef/rice-350 Calories-764 Sodium-1027	<b>4</b> Chicken/cranberry sauce (85) Rice pilaf(93) Calories-767 Sodium-632 ALTERNATIVE Veggie burger/sauce(627)* Calories-735 Sodium-1184	<b>5</b> Roast pork/gravy(152) Mashed potato(107) Calories-650 Sodium-700 ALTERNATIVE Egg and cheese croissant(410) Calories-600 Sodium-955	<b>6</b> Meatloaf/gravy(370) Soup/crackers(160) Calories-796 Sodium-1033 ALTERNATIVE Chicken stew(220),soup Calories-800 Sodium-938	<b>7</b> Pollock bites/sauce(459) Red bliss potato(6) Calories-723 Sodium-746 ALTERNATIVE Chicken with rice(200) Calories-625 Sodium-600
<b>10</b> HOLIDAY NO MEAL SERVICE	<b>11</b> Roast beef /gravy(100) Beets(83) Mashed potato (107) Calories-600 Sodium-542 ALTERNATIVE Cheese quesadilla (410) Calories-650 Sodium-852	<b>12</b> Pork & beef hotdog/roll(946)* Baked beans(206) Calories-700 Sodium-1311** ALTERNATIVE Honey mustard chicken(185) Calories-650 Sodium-694	<b>13</b> Chicken pot pie(160) Butternut squash(20) Calories-721 Sodium-727 ALTERNATIVE Pork/BBQ sauce(445) Calories-711 Sodium-1013	<b>14</b> Stuffed peppers(237) Soup/crackers(70) Calories-635 Sodium-767 ALTERNATIVE Cheese pizza(555),*soup Calories-742 Sodium-895
<b>17</b> American chop suey(316) Soup/crackers(264) Calories-861 Sodium-1079 ALTERNATIVE Shredded beef(360),soup Calories-805 Sodium-1079	<b>18</b> Egg & cheese croissant(410) Potato(5) Green beans(6) Calories-600 Sodium-500 ALTERNATIVE Chicken/tomato& pepper (284) Calories-710 Sodium-557	<b>19</b> Cod fritters(234) Yellow rice(93) Calories- 650 Sodium-602 ALTERNATIVE Cheese & pepper quesadilla (300) Calories-600 Sodium-682	<b>20</b> AUTUMN FEST Roast chicken/apple com- pote Mustard greens Cranberry rice pilaf Baked dessert Calories-840 Sodium-1079	<b>21</b> Turkey ala king(215) Soup/crackers(103) Calories-815 Sodium-935 ALTERNATIVE Stewed beef(100),soup Calories-760 Sodium-780
<b>24</b> Hamburger gravy(124) Mashed potatoes(107) Calories-759 Sodium-762 ALTERNATIVE Chicken pastelito(pastry)200 Calories-726 Sodium-900	<b>25</b> Lasagna/white sauce(400) Roasted zucchini(15) Calories-653 Sodium-904 ALTERNATIVE Chicken stew,potato&yuca (220) Calories-800 Sodium-736	<b>26</b> Turkey/gravy/cran.sauce(485) Stuffing(212) Winter squash (20) Calories-700 Sodium-983 ALTERNATIVE Lasagna/meatsauce(428) Calories-765 Sodium-747	<b>27</b> Rib-B-Que/BBq sauce(742)* Soup(179), potato(121) Calories-643 Sodium-1251** ALTERNATIVE Black bean burger(630)* Calories-600 Sodium-1063	<b>28</b> Chicken cacciatore(152) Soup/crackers(160) Calories-626 Sodium-800 ALTERNATIVE Cheese pizza(553)*,soup Calories-781 Sodium-1161
<b>31</b> Chicken/honey mustard dip(508)** ,soup(185) Calories-930 Sodium-1190 ALTERNATIVE Baked pork(60),soup Calories-851 Sodium-680	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Requested Donation \$2.00	NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE EN- TIRE MEAL,INCLUDING MILK, BREAD AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500mg PER SERVING.) MEALS MARKED WITH ** ARE HIGH SODIUM(MORE THAN 1200mg.)

# SENIOR CENTER ACTIVITIES • OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00 – 3:00 MOVIE		
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	1:00 FREE ZUMBA CLASS	
	1:30 BILLIARDS CLUB	2:00-3:00 HORSE RACE GAME		
	2:00-3:00 GAMERS GROUP			

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APARTMENTS

## CASINO TRIPS

### Departs from Lynn Senior Center

**Foxwoods Casino \$28**  
6:30 a.m. – 6:30 p.m.

Tues, Oct 18<sup>th</sup>  
Tues, Nov 15<sup>th</sup>

\$10 Free Slot Play

\$10 Food coupon or free meal at the buffet

\*\*PLEASE NOTE EARLIER  
DEPARTURE TIME IS AN  
ATTEMPT TO BEAT BOSTON TRAFFIC\*\*

**Plainridge Casino \$20**  
8:30 am - 5:30 pm

**Weds, March 22, 2017**

\$15 Free slot play and if you're a new  
rewards member, you receive a U-Spin for a  
chance to win \$5 - \$500.

- \* Limited seating
- \* Pre-paid reservation  
required
- \* Must have 40 reservations by July 9<sup>th</sup>.

Leave Lynn Senior Center promptly at 8:30  
am and leave casino promptly at 3:45 pm.



### MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Oct 5 <sup>th</sup>	Eddie the Eagle	2016	PG	105 mins
Oct 12 <sup>th</sup>	Homerun	2013	PG-13	113 mins
Oct 19 <sup>th</sup>	Zootopia	2016	PG-13	117 mins
Oct 26 <sup>th</sup>	Emma's Choice	2016	PG	93 mins



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



## Looking ahead...

### Save the dates:

November 10 <sup>th</sup>	Omelet Breakfast	8am
November 17 <sup>th</sup>	Friends of LCOA Pull a Pop Event	12pm
December 14 <sup>th</sup>	Annual Holiday Party -featuring Denise Doucette	

## FLU CLINICS



### FLU CLINICS

Lynn Senior Center

9 am – 11am

October 5<sup>th</sup> & Nov 2<sup>nd</sup>

**remember to bring your insurance card**

## It is almost here...Medicare's Annual Open Enrollment



It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2017.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call as soon as possible.



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## Wellness Watch October 2016

The fall season brings new colors on the trees and crisper air. When we wake up in the morning and step outside, sometimes the cold air can hit the lungs unexpectedly. October is a month to think about lung health and taking care of the respiratory system.

### ***How to keep your lungs healthy:***

Avoid smoking because it is the major cause of lung cancer, chronic obstructive pulmonary disease (COPD), chronic bronchitis and emphysema. Cigarette smoke gets into your lungs and narrows air passages which then make breathing difficult. It is never too late to quit smoking and for help you can contact the American Lung Association for tips.

Pollutants in the air such as secondhand smoke, air pollution, chemicals inside and radon can increase risk for lung disease. Creating a smoke free environment in your home and car will help to protect your lungs. Testing your home for certain chemicals, especially radon is vital to preventing lung disease. Discussing any concerns with your healthcare provider can also help to ensure that your home, school and work are safe.

Preventing infection as much as possible is key to protecting the lungs. A cold or respiratory infection can lead to very serious illness. Washing your hands with soap and water often, or using hand sanitizer will help to prevent the spread of germs. Staying up to date with vaccinations, especially the flu shot can prevent illness. The pneumonia vaccine is another way to prevent disease, especially if you are already at risk.

Cardio exercise such as walking, biking or swimming helps to improve lung capacity. There are also breathing exercises to improve lung function. Both breathing exercises and physical exercise can help to improve your mood and overall wellbeing.

Regular checkups with your healthcare provider are important to maintain health even when you feel good. Sometimes there are symptoms that go undetected and can later lead to serious illness. Your provider can check your lungs and breathing to make sure everything sounds normal. This is also a time to share any concerns you may have. Being a partner in your healthcare team will allow your voice to be heard.

There are many things everyone can do to prevent disease and try their best to stay in good health. However, it is just as important to understand warning signs in order to get help as early as possible. A few warning signs include chronic cough (one that lasts longer than a month), chronic mucus (exists for more than one month), shortness of breath, wheezing and coughing up blood. If any of these occur contact your healthcare provider right away. These are all symptoms of lung disease and could lead to COPD, asthma or lung cancer.

For more information visit the American Lung Association at [www.lung.org](http://www.lung.org) or 1-800-LUNGUSA (1-800-586-4872)

## The Kiosk for Living Well

Welcome to October! The Kiosk for Living Well invites you to come explore activities that are ideal for cooler outdoor temperatures, and shorter days. Maybe it's a puzzle, a word game, or maybe you want to start tracking your blood pressure – it's all possible at the Kiosk.

Our bi-lingual Healthy Hearts nurses will be at the Center on **Tuesday October 11th** and **Thursday October 27th** between 10:00 and Noon. Please make a point to come by!

Sylvia our MoveSafe Counselor and Fall Prevention specialist will assess your balance and strength in an effort to help reduce hospital visits due to falls. This is a really good thing to do before snow or ice hit the ground. Meet Sylvia at the Kiosk on **Thursday October 6** from 10:00-12:00.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

**Kiosk Exercise classes** take place in the activities room every Tuesday and Wednesday from 12:30 to 1:30.

***Happy October!***



# AUTUMN

H A N U C R E B M E V O N T  
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**RMV Near Me**

The Registry of Motor Vehicles is partnering with area Councils on Aging to provide five of the most common transactions at COA sites to hopefully decrease wait times for elders at the registry. The Lynn COA will be one of those sites. Transactions are license renewals (for licensed drivers under 75), registration renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. If you need assistance with one of these transactions, please stop by the GLSS Kiosk for Living Well on Tuesdays and Thursdays between 10 am and 12 pm. at the Lynn Senior Center. You must have a valid credit card or checking account to process any online transaction; no cash will be accepted. The RMV is a secured online site. The LCOA requires participants to sign a waiver release to perform this transaction since we are handling your personal info in your presence. Please be advise that staff/volunteers may decline to process your transaction with the Registry. For -additional information, call Sandra at the center- 781-586-8518. Services available in Spanish.

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

In loving memory of Priscilla O'Brien

~ Alec Hastings

In loving memory of Margaret Reynolds Cambece

~ Marie Comeau



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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# Hair Salon

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### WEDNESDAYS

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WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

### THURSDAYS

9:30 AM—10:30 AM

**KIOSK FOR  
LIVING WELL**  
EVERY TUESDAY &  
THURSDAY  
10:00 AM—12:00 PM

## MILLION HEARTS NURSE

2ND TUESDAY &  
4TH THURSDAY

\*(OCTOBER 11TH & 27TH)

10:00 AM—12:00 PM

Capture the Pride!



# WELLNESS OFFERINGS

## VETERANS COFFEE HOUR

October 6th

1:00 pm - 2:00 pm



## PODIATRIST



October 20th & November 10th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

## BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

\*note time change\*

\*Every Wednesday, 8am - 9am

## HEARING CLINIC



November 1st & January 3rd

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

## MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



## LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

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U.S. POSTAGE  
**PAID**  
LYNN, MA  
PERMIT NO. 56